

# thecollegian

INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY

THURSDAY, FEBRUARY 19, 2015

VOL. 120 NO. 97

www.kstatecollegian.com



4 Student challenges beauty perceptions



6 Women's basketball falls to Longhorns

## Manhattan Regional Airport expecting more changes



RODNEY DIMICK | THE COLLEGIAN

The Manhattan Regional Airport during phase one of the passenger terminal expansion project on Sept. 30, 2014.

By JENA ERNSTING  
THE COLLEGIAN

The Manhattan Regional Airport opened the bidding process for airport construction and renovation in August 2013. Just over a year and a half later, construction on phase one of the project is being completed.

Jamelah Mitchell, office assistant at the Manhattan Regional Airport, noted that the timeline of the renovation had been extended.

"Completion of phase one

was supposed to be in August," Mitchell said. "The date has changed to the end of this month and the airlines should be operating out of the new terminal on March 11."

According to Peter Van Kuren, Manhattan Regional Airport Director, phase one of the construction process includes the construction of a new ticketing counter and lobby entrance. Behind the ticketing counter a baggage handling conveyor is being added. Additionally, a checked bag screening area, where the Transportation Security Administration screens checked bags, will be

located behind the ticketing area. This larger bag-checking area is capable of holding larger equipment to expedite the screening of bags.

Currently, all checked baggage is being loaded outdoors. With phase one completed, a baggage makeup area (which is a garage) will allow checked baggage to be loaded indoors then taken to the waiting planes, according to Van Kuren.

"Construction hasn't impacted passengers utilizing the airport that I can see," Van Kuren said. "We have a very good temporary facility."

Van Kuren explained that

a new passenger screening area will also be included in phase one. This area, which is significantly larger than the current passenger screening area, will be able to hold two passenger screening lines as opposed to the one passenger screening line the airport currently has.

The largest impact phase one will have on the airport is a new secure holding area for passengers to wait in before boarding aircrafts and the new addition of a passenger boarding bridge.

CONTINUED ON PAGE 7,  
"AIRPORT"

## Chilled water project brings changes for campus air

By JAMES COPELAND  
THE COLLEGIAN

Upcoming construction to bring chilled water for air conditioning to all parts of K-State will affect the way campus runs, both below and above ground.

Most of this construction will entail direct trenching for piping under Mid-Campus Drive, 17th Street and Claflin Road, as well as other roads and many sidewalks on campus.

Though these large construction projects will mainly occur during the summers of 2016 and 2017, construction will continue during the spring and fall semesters, according to Ryan Swanson, associate facilities vice president and university architect. Swanson spoke at an open forum on the topic of the upcoming construction on Wednesday.

As part of the K-State Master Plan, Mid-Campus Drive and 17th Street will be converted into pedestrian "malls" and be closed to all traffic except emergency, delivery and maintenance vehicles, according to Swanson.

"We are experiencing a lot of change on campus," Cindy Bontrager, vice president for administration and finance, said.

The \$56 million chilled water project is part of the K-State 2025 facilities improvement initiative. The project includes the construction of an additional chilling plant, the burial of new piping to campus buildings and landscaping once the pipes are in place, Swanson said.

Chilled water has been used on campus for years to provide air conditioning to buildings, according to Jack Carlson, project manager.

CONTINUED ON PAGE 7, "WATER"

## Figure out how to start, stick to healthy eating habits while living on campus



SONIA KUMAR  
THE COLLEGIAN

Moving to college is not an easy thing. No one quite prepares you for the reality check (socially and emotionally) that university life brings. Saying goodbye to loved ones, your cozy bed and home-cooked meals is never an easy thing.

Eating healthy without those home-cooked meals, however, is especially difficult. Making smarter decisions when it comes to our food is something we should all aspire to do. Though the importance of this was instilled in us at a young age, it's still challenging.

"Health is a long-term commitment, not a short-term goal, and that establishing healthful habits early in life is important for a long life," Daphne Oz, author of "The Dorm Room Diet," said.



PHOTO ILLUSTRATION BY VAIL MOSHIRI | THE COLLEGIAN

Filling up on a variety of greens at the salad bar might help you stay away from the dessert buffet.

While Van Zile, Kramer and Derby Dining Centers offer many healthier options, it can be hard to make the right choice when fries are an option almost every day. So how do you do it?

**First and foremost,**

**take a step back**

Make a mental note of what you are eating. A lot of the time students don't even realize that a campfire mocha with whip from Caribou Coffee, pizza from Pizza Shuttle and a glazed otis from Varsity Donuts add up. Your body

counts these calories whether you're paying attention to them or not.

When you understand what you're eating, you can decide whether that greasy pizza is really better than waiting in line for stir-fry with fresh vegetables and protein from

Willie Wok.

**Incorporate healthier options into your meal**

Salads seem to be synonymous with health, but healthy salads require a lot of ingredients, including ones college students may be afraid to try (like chick peas, spinach, cauliflower and peppers). These are pivotal to making a salad better. Make it a goal to try incorporating a serving of something new into a salad, like fruit, or going half-spinach and half-lettuce. Also, avoid drenching it in dressing.

Overall, don't have the "lettuce only" mentality for each entire meal, because you're going to end up hungry. Salads can be very fulfilling and quite tasty when loaded with all the colors. Frances Largeman-Roth, the senior food and nutrition editor at "Health" suggests students, "Counter (the Freshman 15) by filling your plate with at least 50 percent green stuff." Green stuff could be a salad, cooked veggies, veggies in your stir-fry, or even celery with peanut butter.

"I always make sure I have fruits and vegetables," Elizabeth Bittiker, sophomore in social work, said. "A main meal, maybe a sandwich with

some form of protein, and I go to the salad bar to grab carrots or a salad with spinach, not just lettuce. Nutritional stuff."

**Reduce high sugar alternatives**

The waffle maker at Derby and Kramer's line is always backed up. This is often because people are choosing not to wait in line for a healthier option and instead are turning towards a less rewarding higher-calorie option. If you opt for waffles for at least three of your meals a week, reconsider your choices. You could easily cut this down to once or twice a week instead. Sandwiches are options every day for lunch at any of the dining halls.

To Whitney Cox, junior in electrical engineering, sandwiches are a good change of pace away from the waffle maker.

"Sandwiches are good because the dining halls offer a lot of vegetables and you can opt for a low-fat cheese and wheat bread," Cox said.

On the other hand, if you can't bear to ditch the waffles, be healthier by paring them with frozen fruit instead of syrup.

CONTINUED ON PAGE 3,  
"DERB"

### FACT OF THE DAY

The Greek national anthem has 158 verses.

uselessfacts.net

### SOCIAL MEDIA



@kstatecollegian



/kstatecollegian



@kstatecollegian



/ecollegian



collegian  
MEDIA GROUP



**K-State Lafene Health Center**

www.k-state.edu/lafene

General Medical Clinic Hours:

Mon - Thu: 8am - 6pm

Fri: 8am - 5pm Sat: 10am - 1pm

Bring ID and Insurance Info

Appointments recommended;

Please call first

785.532.6544





103 N. 4th St.  
785.776-3771  
claflin@interkan.net  
www.claflinbooks.com

## ACROSS

1 Move like a moth  
5 Comical Caesar  
8 Man or Wight  
12 Thin wood strip  
13 Pair  
14 Celeb  
15 Acknowledged  
16 Harry Potter's pal  
17 The Supremes, e.g.  
18 Jipijapa hat  
20 Moral principles  
22 Swindle  
23 Mischievous kid  
24 Trans-Siberian Railway city  
27 Shared rumors  
32 Cauldron  
33 Tolkien creature  
34 Before  
35 Wizard  
38 Snatch

## DOWN

39 Furniture wood  
40 First lady?  
42 Lent a hand  
45 Breathing passage  
49 Scandinavian capital  
50 Einstein's birthplace  
52 Guy  
53 Tournament format  
54 Lawyer's due  
55 Related (to)  
56 Burning heap  
57 Evergreen type  
58 Profits

## DOWN

1 Envelope part  
2 Volcanic outflow  
3 Lay — thick  
4 Heavy blow  
5 No one you know  
6 — Jima  
7 Finished  
8 Narrow strips of land  
9 Ecdysiast  
10 Secular  
11 Cupid's alias  
19 Brief time (Abbr.)  
21 — the season ...

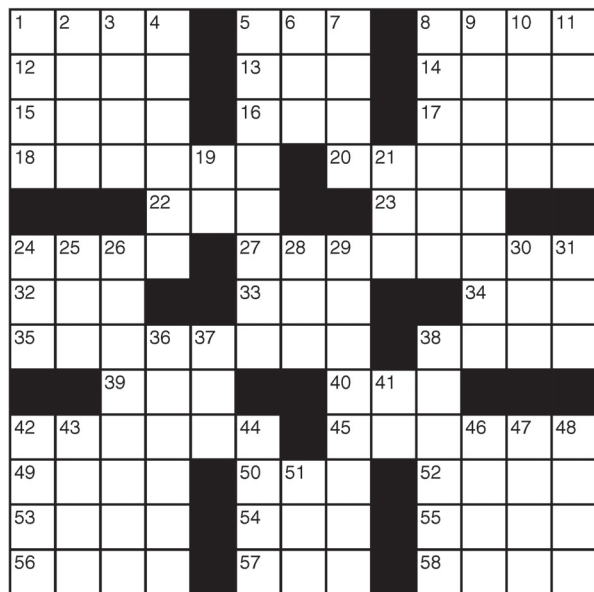
## 24 Chances,

for short  
25 Cattle call?  
26 Pram  
28 Inseparable  
29 Parade ribbon  
30 Historic period  
31 Society newbie  
36 "Scarface"  
37 — out a living  
38 Teutonic  
41 Half dozen, in a way  
42 Barrel part  
43 Catch sight of  
44 Homer's favorite beer brand  
46 Hear the rooster  
47 Settled down  
48 Longings  
51 Mainlander's memento

Solution time: 24 mins.

OWNS	OAK	SCAM
REAP	BRA	HALE
CAPACITY	EPOS	
SLASH	SLEUTH	
MISC	ETC	
DOCS	LABS	HAM
AVA	CAPOS	III
YAP	LYRE	ENDS
SEA	IRAN	
GRIPPE	MANIC	
RAZE	CAPY	BARA
AGEE	RIO	LIEN
MEDS	URL	ELSE

Yesterday's answer 2-19



## 2-19 CRYPTOQUIP

DKRV AOCDRU DKR ESBV OQDGBD  
DN UN O FRQV GPINBGCH  
AOXX IOGCDGCH, ESD KR  
HOFR O PSQOX URPSQOXX.

Yesterday's Cryptoquip: AWARD PROVIDED BY ACTRESS HARPER TO PEOPLE WHO PERFORM VERY BRAVE ACTS: THE MEDAL OF VALERIE.

Today's Cryptoquip Clue: D equals T

DISPLAY ADS.....785-532-6560  
advertising@kstatecollegian.comCLASSIFIED ADS.....785-532-6555  
classifieds@kstatecollegian.comNEWSROOM.....785-532-6556  
news@kstatecollegian.com

DELIVERY.....785-532-6555

## EDITORIAL BOARD

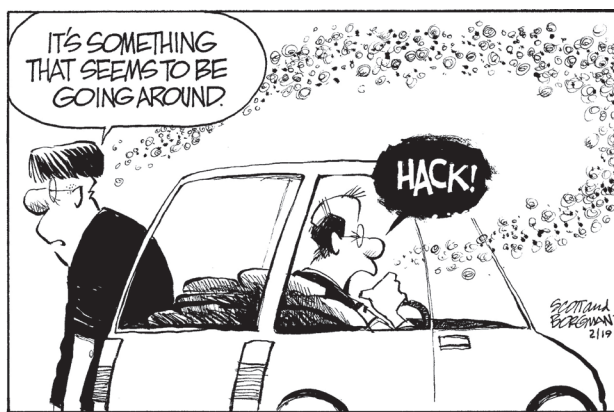
Jon Parton  
editor-in-chief  
Som Kandlur  
managing editor  
Erin Poppe  
managing copy chief  
Chris Dyck  
design editor  
Audrey Hockersmith  
graphics editor

Tate Steinlage  
sports editor  
Emily Moore  
edge editor  
Kelly Iverson  
opinion editor  
George Walker  
Cassandra Nguyen  
co-photo editors  
Bridget Beran  
campus news editor

Chloe Creager  
metro news editor  
Katie Howland  
video editor  
Ciara Holt  
ad manager  
Steve Wolgast  
adviser



## Zits | By Jerry Scott and Jim Borgman



## the FOURUM

785-260-0207

The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by the Collegian marketing staff.

We have electric blankets to stay warm, why can't I have an electric coat?

I don't care if I'm the first one to finish a test, I'm still waiting for someone else to turn theirs in first.

Editor's note: To submit your Fourum contribution, call or text 785-260-0207 or email [thefourum@kstatecollegian.com](mailto:thefourum@kstatecollegian.com). Your e-mail address or phone number is logged but not published.

## THE BLOTTER

## ARREST REPORTS

Monday, Feb. 16

James Robert Watkins, of the 3300 block of Woods Drive, was booked for theft. Bond was set at \$2,000.

Oscar Dominique Camacho, of El Paso, Texas, was booked for unlawful possession of hallucinogens for intent to use on the human body. Bond was set at \$5,000.

## Maze (Lego my maze, yo)

START



FINISH

## Now Offering Clear Spans up to 150'



## The New Standard in Size and Strength

Now offering Hybrid Buildings engineered for clear spans up to 150'. Hybrid buildings offer the best of both worlds, aesthetic value and insulating properties of wood, combined with the strength and size capabilities associated with steel.

Eight offices serving Kansas

800-447-7436  
mortonbuildings.com



MORTON BUILDINGS

©2012 Morton Buildings, Inc. All rights reserved. A listing of 6C licenses available at [mortonbuildings.com/licenses.aspx](http://mortonbuildings.com/licenses.aspx). REF CODE 043.

## City Administrator

Neodesha, Kansas (pop. 2,500), located in Southeast Kansas, seeks City Administrator to manage municipal services, including five utilities, and contribute leadership for local economic growth. Position has responsibilities for workforce of 47 employees, \$11.7 million budget, management of all services, employee supervision, policy research and recommendations to governing body. Low range of salary is \$75,000. Send cover letter with resume and salary history in one e-file in confidence to recruitment advisor: [mflentje@austinpeters.com](mailto:mflentje@austinpeters.com). Preference to resumes received before February 27. Finalists subject to disclosure. Applicants must meet qualifications listed in Recruitment Profile found at: [www.neodesha.org](http://www.neodesha.org).

## TC RANCH ANGUS SALE



Coming to you  
260 Angus  
Selling:

WED. February 25, 2015

12:30 CST at the ranch  
1 1/2 miles East of Franklin NE

210 Angus yearling bulls  
10 SimAngus bulls  
40 Angus heifer calves

To view sale catalog online go to [www.tcranch.com](http://www.tcranch.com)

CALL 888 TC BULLS  
ANGUS cattle with  
Performance, Muscle & Efficiency



Dru Uden  
1524 G Road  
Franklin, NE 68939  
308-470-0740

## AUCTION

## Boat, RV &amp; Outdoor Recreation Equipment

Boat - Jet Ski - RV  
AUCTION

Sat. March 7th @ 10:00 AM  
6460 N Broadway, Wichita KS  
Consignments taken daily, no entry fees.  
CALL 316 744 9950 OR 316 250 0077

Boat & Jet Ski  
Auction  
First Sat. Each  
Month  
March-Sept

Jack Newcom, Auctioneer  
(316) 775-7717 • (316) 742-3311

Jack Newcom  
(316) 742-3311  
Ready & Able  
112 N. Main | Leola, KS 67674  
[sales@newcomauktion.net](mailto:sales@newcomauktion.net)  
[www.newcomauktion.net](http://www.newcomauktion.net)

## Water damage in your basement?

Since 1975  
DRY BASEMENT®  
FOUNDATION REPAIR

Restore your home's value.  
Call us today!!

316-243-9342 • 800-368-7437 • [www.DryBasementKansas.com](http://www.DryBasementKansas.com)

## CALL TODAY!

800-374-6988

FREE ESTIMATES • FREE ON-SITE CONSULTATIONS



Quality Structures, Inc.

Specializing in Complete Post Frame Buildings  
AGRICULTURAL • EQUESTRIAN • GARAGE/HOBBY SHOP • COMMERCIAL • INDUSTRIAL



- Engineered
- Continuous Ridge Ventilation
- 29 Ga. Steel on Roof, Sides & Trim
- 4' O/C Trusses
- 3-Ply Laminated Columns
- 5 Year Workmanship Warranty
- Builders Risk Policy

[www.qualitystructures.com](http://www.qualitystructures.com)

## The Power of One.

—Joni, Kansas Credit Union Member

Join a credit union and discover your power as an owner. My credit union is not-for-profit, so earnings come right back to me through better loan rates and lower fees.

## KANSAS CREDIT UNIONS

The power of one can make a difference.

kcua.coop/PowerofOne  
(800) 362-2076

ATTENTION: GMO AND NON-GMO FARMERS | LAND OWNERS  
GRAIN ELEVATORS | DISTRIBUTORS | EXPORTERS | TRANSPORTERS

## Justice for GMO Corn Losses!

Take legal action for financial losses caused by Syngenta's GMO corn seed. Get the compensation you deserve! Call us today for a free consultation.

800-798-9986

FERRER POIROT  
WANSBROUGH®

Feller | Daniel | Abney

Responsible attorneys: Ferrer, Poirot &amp; Wansbrough. Principal office: 2803 Oak Lawn, Suite 300, Dallas, TX 75219. Cases likely to be referred.



# Exploring veganism as one alternative healthy lifestyle

By KATHERINE CURTIS  
THE COLLEGIAN

Many students go to the extreme to lose weight with diets such as the 1,200 calorie diet, the military diet or the detox diet. They spend countless hours in the gym sweating and feeling absolutely horrible by the end of the day. Diets do not produce results other than cravings later on. There are, though, several healthy lifestyles that can bring peace to your body and your plate.

As vegans in a society where people are born and raised on meat and dairy-based diets, there are many assumptions and criticisms that people like me face. One stance many people take is that vegans only care about protecting animals from exploitation and cruelty. While this statement is true for some vegans, it is not the case for all. Many vegans take up the lifestyle in order to improve their overall health, while benefitting their bodies both inside and out.

## Why consider veganism

Time is essential for college students. Not having to prepare any food because you have fresh and raw fruits, vegetables and nuts at hand can save quite a bit of time. This is time that could be used to study, or, even better, spent in the gym.

College students love to eat, am I right? The vegan world is one to dive into if you love to eat and love food. Vegans feel amazing while still being able to indulge. One benefit to being vegan is the necessity to consume quite a larger amount of food in order to fulfill daily caloric needs, so go ahead and eat that full plate of food.

"Plant-based foods have plenty of protein and calcium along with far greater amounts of countless other essential nutrients (such as antioxidants and complex carbohydrates) than meat and dairy," according to The Wall Street Journal article "Would we be healthier with a vegan diet?"

For those of you trying to lose weight, veganism is a great lifestyle to acquire. Many studies show that non-meaters generally have lower body mass index rates because they often consume fewer calories and processed foods, according to Harvard T.H. Chan School of Public Health.

## Fallacies of veganism

I am a vegan athlete. So many people question if I get enough protein, and assume I do not. In actuality, very few people lack protein because there are protein sources in foods that people do not know about. We don't really ever hear of people

being protein-deficient. Athletes have a high priority for ensuring an adequate protein intake and that keeps many students from being vegan.

CONTINUED ON PAGE 4,  
"VEGAN"

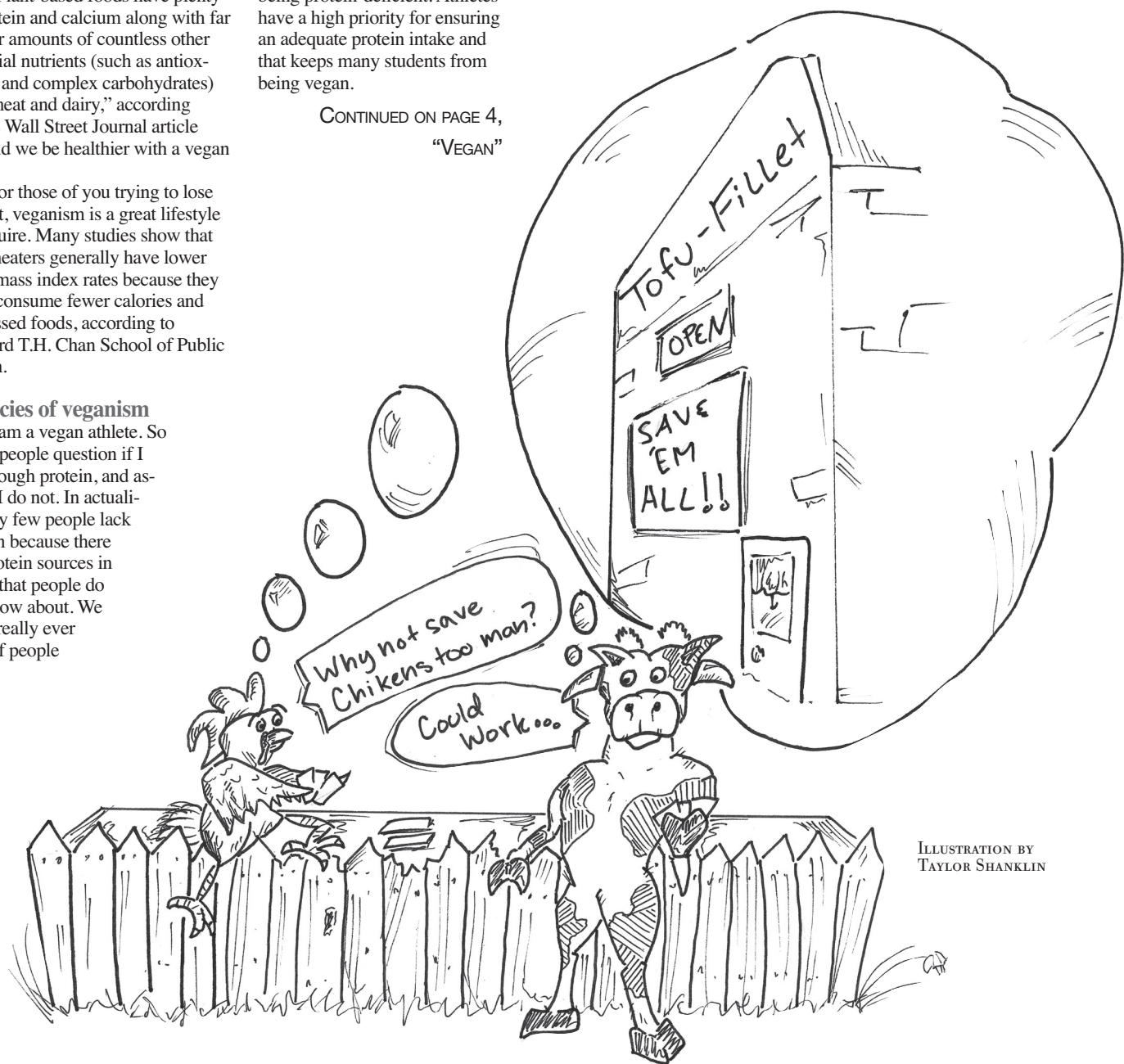


ILLUSTRATION BY  
TAYLOR SHANKLIN

## DERB | Stay away from sugary treats

CONTINUED FROM PAGE 1

### Avoid dessert

Although many are adamant that dessert is pivotal in a good meal, let's be honest: the dining centers' dessert buffet is often filled with hard cookies and dry cakes. Yet, we still save a portion of our stomachs for a sweet indulgence.

"I never did the dessert table because I knew that once I went once, I would always need it," Bittiker said. "Instead, I make sure fruits and vegetables filled me up so I wasn't really craving the sweet stuff."

Bittiker's adamance is admirable, but not all college students have the strength to abstain. Challenge yourself to cut dessert once a week, and don't feel obligated to get sweets just because your friend is going to the dessert table.

Another way to avoid those sugary treats is to eat fruit after every meal, in order to get those natural sugars that satisfy your sweet tooth.

"I always try to get at least one banana or apple after each meal," Macarena Cervera, junior in management, said.

Diet books are another way to develop a healthy eating plan, without necessarily going on a diet. One "diet" book that actually helped me drop a dress size and become healthier my first semester at K-State was Oz's book, "The Dorm Room Diet." Other great books to diet in college include: "The Dolce Diet: College Diet Guide" and "The Smart Student's Guide to Healthy Living: How to Survive Stress, Late Nights, and the College Cafeteria."

Many of us are not strangers to eating unhealthy, but with persistence, determination and better choices we all can become healthier adults.

The views and opinions expressed in this column are those of the author and do not necessarily reflect the official policy or position of The Collegian.

Sonia Kumar is a sophomore in apparel, marketing and textiles. Please send all comments to [edge@kstatecollegian.com](mailto:edge@kstatecollegian.com)

## Service Inspections

Once a week, The Collegian will share inspection reports from Manhattan restaurants and businesses. So go ahead and read on, if you dare.

Inspections are compiled from the Kansas Department of Agriculture



There are more violations where those came from Scan the QR code or visit [kstatecollegian.com](http://kstatecollegian.com) to read the rest of the article.

## DOLLAR GENERAL

118 Riley Ave., Ogden  
Date: Feb. 16, 2015  
Reason: Routine

3-202.15 On one of the retail isles there were three cans of crushed pineapple with dents on the sides of the cans, and the metal cans are brittle. Corrected on site: pulled back for vendor credit.

7-301.11(B) On the Dollar

General \$1 Deals isle, there were two containers of Drain Blast (drain opener) being stored directly above several single-use items (plates, bowls, napkins, mouthwash and plastic cups). There were also several bottles of shampoo and body wash being stored directly above toilet paper and bottles of hand sanitizer being stored directly above toothpaste. Corrected on site: all items rearranged. Educational materials distributed.

Result: No follow-up

## AED

601 Fairchild Terrace  
Date: Feb. 13, 2015  
Reason: Routine

6-301.11 The handsink located in the kitchen did not have any hand soap at the time of inspection. Corrected on site: the cook provided hand soap at the sink.

3-302.11(A)(1)(b) In the McCall reach-in cooler number two, there was a jug of liquid coffee being stored directly next to raw beef. Corrected on site: removed coffee. There were also ready-to-eat bratwursts being stored directly on top of a box of raw bacon. Corrected on site: removed and placed with other ready to eat items.

3-501.18(A)(1) In the McCall reach-in cooler number two, there was a ziplock bag of pepperoni slices with an open date of Dec 2, 2014. Corrected on site: discarded.

3-501.18(A)(2) In the McCall reach-in cooler number two, there

was a ziplock bag of tuna salad without a date. The cook said it was made on Feb. 11. Corrected on site: item was date marked.

3-501.18(A)(3) In the McCall reach-in cooler number two, there was a ziplock bag of Canadian bacon with a discard date of March 5. The cook said he opened it sometime last week and said it was past 7 days. Corrected on site: discarded.

4-202.11(A)(2) In one of the utensil drawers, there were three rubber spatulas with deep cracks on the food contact surfaces. Corrected on site: one of them was trimmed (smooth edges) and two were discarded.

4-601.11(C) There is dust build-up on two ceiling vents above food prep areas.

5-205.15(B) The cold-water handle at the mop sink leaks when water is supplied and the hot water pressure is low (note: going to call a plumber).

Educational materials distributed.

Result: Follow-up

Donate plasma today and earn up to  
**\$300 a month!**

Who knew I could **earn money, save lives, and get free wi-fi** at the same time?

1130 Gardenway, Manhattan, KS 66502



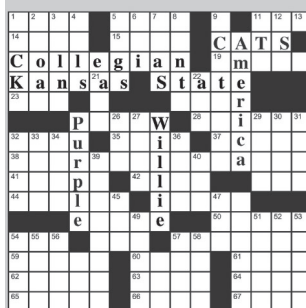
785-776-9177  
Scan for an insider look at the plasma donation process  
To scan and view content, you must download a QR code reader from your App store.

\*Applicable for eligible, qualified new donors. Fees vary by weight. New donors must bring photo ID, proof of address and Social Security number.

CSLPlasma.com

CSL Plasma  
Good for You. Great for Life.

## The Crossword?



Solve it...

Try to Solve it...

Wait until tomorrow  
and copy over  
the answers

Any way you look at it...

It just works!

the collegian

Live without regrets,  
Learn without borders.



Discover where you'll study  
abroad at [usac.unr.edu](http://usac.unr.edu)



[studyabroadusac@](mailto:studyabroadusac@) [f](#) [i](#) [p](#) [t](#) [y](#) [t](#) [u](#) [b](#)

• APPLY FOR THE •  
**>> STUDENT <<<  
HOMECOMING  
COMMITTEE**

by Friday, Feb. 27

Apply online at

[www.K-State.com/Homcoming](http://www.K-State.com/Homcoming)

For more info,  
call 532-5056



**ALUMNI  
ASSOCIATION**  
YOUR LINK FOR LIFE



# WELLNESS GUIDE



## Natural beauty inspires freshman in life, art

BY MAKENZIE DEINES  
THE COLLEGIAN

The list of criticisms and beliefs people have about their features can be endless:

"I would be happier if I had straight hair."

"People would give me more attention if I had blue eyes."

"They would stop bullying me if I could just change, this, this, this and this."

Though this negativity can seem overwhelming, Jenna Bryan, freshman in journalism, argues that your natural features are beautiful and uses the Natural Beauty Project help prove it.

Bryan began the Natural Beauty Project her senior year of high school. While in high school, she struggled with self esteem and the negative effects caused by bul-

lies. Despite her past difficulties, her high school frustrations have made her passionate about changing the future.

Bryan learned that she had a lot more to appreciate when she walked the streets of her hometown Louisville, Kansas, asking strangers what her flaws were. To her surprise, the strangers said "nothing." It became clear to her that the biggest critic you will ever face is yourself.

"Why would people go view famous art if it was a blank canvas?" Bryan said. "Like people with laugh lines and wrinkles it shows that you lived, and that is art."

For that reason, Bryan focuses her Natural Beauty Project on photographing individuals' portraits. When taking someone's portrait, she asks the individual not to have their makeup or hair done. Bryan has discovered her largest audience when she presented her Natural Beauty Project in Steve Smethers' Mass Communi-

cations in Society class. Smethers, associate professor of mass communication, wanted to share Bryan's project to his class while she promoted her idea through social media.

"In many other instances, media tells us to be someone else," Smethers said. "It's refreshing to see a young person encouraging others that it is okay to be who you are, and using social media in a positive manner."

Many people admire Bryan's ability to recognize a pressing issue. Kelsi Sheeley, sophomore in electric engineering, said she believes that self confidence is a part of life.

"Part of growing up as women is feeling comfortable in your own skin," Sheeley said.

Since beginning the Natural Beauty Project, Bryan has taken portraits of 55 people.

"I want this project to go further than K-State, further than Manhattan, further than Kansas," Bryan said. "I won't be satisfied until this project is seen on a national level."

The Natural Beauty Project can be found at [naturalbeautyproject.webs.com](http://naturalbeautyproject.webs.com).

ALLISON EVANS | THE COLLEGIAN

**Jenna Bryan**, freshman in journalism, began the Natural Beauty Project with hopes of inspiring others to find beauty in themselves.

## VEGAN | Animal rights can fuel decision to start, continue living the vegan lifestyle

CONTINUED FROM PAGE 3

It is easy to get a necessary amount of protein, because nearly all foods contain small amounts of protein, including beans, grains, nuts and certain green vegetables. They have less fat and cholesterol than meat and are usually cheaper, according to the Rodale News article, "9 super-healthy, vegetarian protein sources."

So, there is no reason why any vegan should have a deficiency. With a balanced diet, there are plenty of options that are filled the essential vitamins and nutrients.

### Animal advocacy

As a vegan who lives this lifestyle passionately, I find there is more to it than just avoiding meat, eggs and dairy. It is about finding a certain peace with yourself and with the world around

you. It is simple to revert back to a meat-and-dairy diet, but my passion for animal advocacy keeps me from ever returning to foods that use animal products.

My journey as a vegan began with just the diet. I have always been an animal lover, and I have had several pets myself. I researched further into the American food industry, wanting to educate myself more on why vegans are such animals activists. The facts behind our food industry were astonishing, and I looked further into other areas, such as zoos.

In 2010, the Topeka Zoo refused to retire two elephants living in an inadequate zoo to a sanctuary where the elephants could live out their old age, according to In Defense of Animals. This close-to-home account created a purpose in my stance as a vegan.

It gave me more of a reason than just dieting as to why I live this life against animals products. I fell in love with this lifestyle as an encompassed whole.

The trick behind the trade of veganism is to get people more fired up and conscious about healthy lifestyles. If you fall in love with what the purpose behind this lifestyle is, the journey and hobby of being a vegan earns its permanency in this meat-eater world.

*The views and opinions expressed in this column are those of the author and do not necessarily reflect the official policy or position of The Collegian.*

Katherine Curtis is a junior in mass communications. Please send all comments to [opinion@kstatecollegian.com](mailto:opinion@kstatecollegian.com).

## ROYAL PURPLE YEAR BOOK

2015

103 KEDZIE HALL

785-532-6555

RP@SPUB.KSU.EDU

\$48  
plus tax

Local Organic

**People's Grocery**  
Cooperative

Bulk Deli HBA & Grocery Smoothies Supplements

Open Daily 9 a.m. - 8 p.m.

785-539-4811  
[www.peoplesgrocerycoop.com](http://www.peoplesgrocerycoop.com)

**FREE WEEK of Spa!**

LOOK AND FEEL THE DIFFERENCE

**Planet Beach™**  
contempo spa

CALL NOW 785-776-8267

324 Southwind Place Suite A Manhattan, KS 66503

*Let us help you*  
**LOVE** your skin

Take care of unwanted:

Acne • Rashes • Warts • Moles

Advanced Dermatology & Skin Cancer Center, P.A.

785-537-4990  
[www.ksderm.com](http://www.ksderm.com)

1133 College Ave., Suite E230  
Manhattan Medical Center  
at College & Claflin, Building E

**Track us down over spring break**

**Monday** Trivia at 7 pm

\$1 Tacos All Day **Tuesday**

**Wednesday** Bingo at 6:30 pm

Drink Specials **Thursday**

**Friday** Karaoke at 9 pm

Salsa Night with **Saturday**  
Johnny Styles at 9 pm

(785) 537-6030  
3043 Anderson Avenue

**GAIA SALON SPA**

BOGO

BUY ONE GET ONE 50% OFF

SPA

TREATMENT

Includes all  
body waxing, facials,  
and massages.

421 Poyntz Ave. 785.539.2622



# WELLNESS GUIDE

## K-State CrossFit good fit for those seeking unspecialized workouts

By SCOTLAND PRESTON  
THE COLLEGIAN

CrossFit is the workout regimen with a goal to optimize fitness in a broad and inclusive way, designed for any age and agility level. According to its website, CrossFit's "specialty is not specializing."

K-State CrossFit follows the same principles as the national program. Christian Larson, kinesiology professor and CrossFit trainer, said all you have to do is walk into a K-State CrossFit program, housed in Natatorium 4, to see that what level you fit into, and you'll be welcomed and included.

According to K-State CrossFit's website, CrossFit combines skills such as cardio, strength, flexibility, power, speed, coordination and balance.

To Larson, an individual's goals are the most important aspect of any physical training. Specifically, he said it depends on what you're looking for to determine if CrossFit is right for you. Just as running isn't the ideal training for someone looking to get stronger, if you're looking to com-



**Orlen Grunewald**, instructor of agricultural economics, works out with the K-State CrossFit team on Wednesday.

pete in powerlifting, CrossFit isn't for you.

"If someone wants to become broadly adapted in

strength, power and aerobic endurance, CrossFit might be a good fit," Larson said.

As someone who believes

physical activity improves lives, Larson said he's for anything that helps people become more physically active.

Another benefit of the CrossFit program, especially at K-State, is the quality of coaches. According to Larson, the program's trainers are skilled and knowledgeable, and hold doctorates and masters in kinesiology, as well as certifications in CrossFit, TRX military instruction and other training programs.

K-State CrossFit is very intertwined with K-State and its kinesiology program. The space is shared with the Functional Intensity Lab of Katie Heinrich, assistant professor of kinesiology. The lab recently received a grant to evaluate the current Army Physical training methodology with CrossFit training, according to Larson.

Jake Frye, senior in nutrition and kinesiology, is K-State's CrossFit Club president. As someone who previously loved to lift weights and hated cardio, Frye found that CrossFit is one of the most fun and rewarding ways to exercise. He said that the constant variation keeps it from getting boring, and he's gotten both stronger and better with endurance activities than before he participated in CrossFit.

Haley Pitko, junior in nutrition and kinesiology, said

she's never done a CrossFit program, but added that it seems like a good mix between endurance and strength.

"I have heard a lot of good things about and I definitely want to try it one day," Pitko said.

One reason Frye enjoys CrossFit is that the workouts are typically done in a group setting. Frye said though that it doesn't have to be done in a group, and it's not like your typical Zumba group class; it really forms a community, and a group of friends is a totally different feeling than a group of strangers.

To Frye, the biggest problem he sees with CrossFit is people's attitudes.

"People aren't willing to find out what the mindset is behind the programming and it's philosophy on fitness, due to negative connotations placed on CrossFit by other people in the community," Frye said.

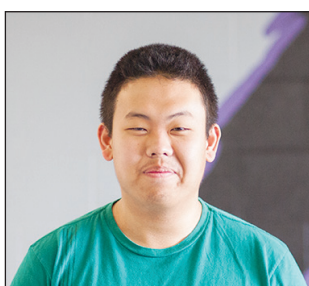
Those willing to push past those connotations, and pay up to \$80 a month, can find that K-State CrossFit is open to the entire Manhattan community every Saturday at 10 a.m.

"Take a friend with you," Frye said. "Who knows, you may even have a little fun while you work out."

## Street Talk

compiled by Renee Dick

### Q: "What is your best advice on staying healthy in college?"



**SILVESTER STANLEY**  
FRESHMAN,  
BUSINESS

"Work out and eat healthy. The Derb doesn't always give a lot of options, so you have to be smart. You can grab some chicken and make a Caesar salad."



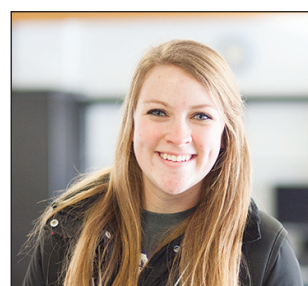
**CHISHOLM MILLER**  
SENIOR,  
AGRONOMY

"Having a healthy body leads to a healthy and disciplined way of thinking in the classroom as well. So being physically disciplined is also important when tied to the classroom."



**BASIL EL-SHAARAWI**  
SOPHOMORE,  
BIOLOGY

"Count your calories"



**ERIN SULLIVAN**  
FRESHMAN,  
BIOLOGY

"Don't late night snack. Lots of ice cream at midnight isn't a good idea."



**AARON SHRINER**  
JUNIOR,  
CHEMICAL ENGINEERING

"You don't have to have pizza and a burger every day at the Derb. There's plenty of fruit and vegetable options. The food can be pretty healthy and you don't have to make it yourself!"

**TRAILERS • EQUIPMENT • TOOLS**  
**AUCTION**  
Saturday, February 21, 2015 10:00 AM  
6460 N Broadway • Park City, KS  
• 2 Semi Trailers • Tools • Shop • Lawn • Loads of Power Tools • Equipment  
• 48' Semi Trailer Dry Box with Title  
• PJ Tandem Axle Trailer -Metal Floor  
• PJ Tilt Trailer  
• 2 On-Site Job Trailers

**Jack Newcom**  
316-742-3311  
Realty & Auction  
"Where experience pays"  
www.newcomauktion.net

**STAY UP-TO-DATE**  
@KSTATECOLLEGIAN

Pregame with **the collegian** **TIP OFF 2015**

**get fit! get healthy! get outdoors!**

**the PATHFINDER**  
OUTDOOR AND BIKE SPECIALISTS

304 Poyntz, Downtown www.thepathfinder.net 785-539-5639

**SPRING INTO STYLE**  
Waxing  
Manicures  
Pedicures  
Spray Tanning

**\$10 OFF any Massage or Body Service**  
Must book with: Darrean, Andi or Anh  
\*\*good Mon-Fri until Mar 30, 2015

**Located in Aggieville**  
PH: 785-776-9100  
www.sheardynamics.net

**FIT TO BE ME WEEK**  
FEBRUARY 23—27, 2015

**WITH FEATURED GUEST:**

**amber krzys**  
encouraging young people to love the body they're in

**FROM BODY HATER TO BODY CELEBRATOR**

**THURSDAY, FEBRUARY 26, 2015 7-8 PM**  
**K-STATE STUDENT UNION, LITTLE THEATRE**

**PRESENTED BY:**  
WellCAT Ambassadors, K-State Student Union, K-State Wellness Coalition

**DOOR PRIZES! ALL EVENTS ARE FREE**

**MONDAY 2/23 3-7 PM**  
**Mindful Monday**  
"Stop by & Improve your relationship with food"  
K-State Rec Complex

**TUESDAY 2/24 7-8 PM**  
**Exploring Body Image**  
"Interactive session by Drama Therapy Department"  
K-State Union, Flint Hills Room

**WEDNESDAY 2/25 7-8 PM**  
**ZUMBA Your Way to Better Body Image**  
K-State Rec Complex, Studio 2

**FRIDAY 2/27 7-8 PM**  
**Dance Like Everyone is Watching**  
"Hip-Hop Dance Class"  
K-State Rec Complex, Studio 2

**VISIT US:**  
@KSU\_WellCAT  
Facebook.com/wellcats



S A L O N

HAIR

SKIN

NAILS

108 S. 4th Street  
Manhattan, KS 66502  
785-537.2700





## K-State kicks off Big 12/Pac-12 showdown in Utah

### BASEBALL

By TIMOTHY EVERSON  
THE COLLEGIAN

K-State baseball (2-2) will continue to avoid the cold in Manhattan with a trip to Arizona this weekend for the 2015 Big 12/Pac-12 Showdown.

The tournament kicks off today with a game against Utah at Surprise Field in Surprise, Arizona, the spring training home of both the Texas Rangers and Kansas City Royals.

Today also marks the first meeting between the Wildcats and the Utes. Utah is 1-3 on the season after a four-game road series against Sacramento State last weekend.

The Utes will start junior right-handed pitcher Bret Helton (1-0) who has an ERA of 4.50 after starting in Utah's season opener.

The Wildcats will send sophomore pitcher Nate Griep to the mound to make his second start of the season. Griep started the season strong last Friday by throwing seven strikeouts in K-State's 5-4 season-opening win over Iowa.

EMILY DeSHAZER | THE COLLEGIAN

K-State sophomore pitcher **Levi MaVorhis** throws a pitch on April 4, 2014 at Tointon Family Stadium in a game against Kansas.

K-State's bullpen also proved formidable with a 2.00 ERA in 19 innings of work in last weekend. Six of the nine relievers who appeared did not allow a run, including sophomore reliever Colton Kalmus who will take the mound as a starter at the Big 12/Pac-12 Showdown.

Offensively, the Wildcats have lacked power through four games. K-State is one of two Big 12 teams who have yet to hit a home run this season. The lack of power has been substituted with consistently getting on base, though. Four players enter Thursday's matchup owning a four-game on-base streak.

Junior shortstop Tyler Wolfe leads the team with four walks this season and has made his way up the batting order from eighth in the season opener to second in the final game in Florida against Saint Louis.

First pitch between K-State and Utah is slated for 5:30 p.m. today.

Following today's game, K-State will take on Oregon State with junior right-hander Levi MaVorhis (1-0) on Friday at 2 p.m., Washington with right-handed sophomore Kalmus (0-0) on Saturday at 5:30 p.m. and Washington State with junior right-hander Corey Fischer on Sunday at noon.

The final two game of the showdown will be played in Mesa, Arizona at Sloan Park, the training home of the Chicago Cubs.

K-State will be joined in Arizona by fellow Big 12 schools Kansas, Oklahoma and Oklahoma State.

## Wildcats unable to upset Longhorns, Texas' hot shooting ends game 76-58

### WOMEN'S BASKETBALL

By ANDREW HAMMOND  
THE COLLEGIAN

Texas went into the first media timeout Wednesday well aware of the trouble they were in. Two weeks ago, K-State jumped out to an early advantage and never looked back en route to an upset win over the No. 25-ranked Longhorns.

But unlike that game in the Little Apple, Wednesday, Texas started making shots and K-State (15-10, 5-9) was unable to stop the shots from pouring in. The end result was a 76-58 victory for the Longhorns.

Foul trouble forced K-State's hand early on. Sophomore forward Breanna Lewis and senior guard Ashia Woods picked up two fouls in the first 10 minutes of play. Lewis finished the half three fouls, but she and Woods were not limited in minutes in the first half.

However, with the early fouls, Texas was able to attack the K-State defense with ease. That opened the floor for Texas' Brady Sanders, who hit four 3-pointers and added two free throws in the opening half to turn a 9-2 deficit into an eventual 30-20 lead. With Lewis in and out of the lineup, the Longhorns out-rebounded the Wildcats 21-11 in the first half, which lead to 11 second-chance points.

"They (Texas) missed a lot of shots early," K-State head coach Jeff Mittie told K-State Sports after the game. "But when they get two or three chances, and when Breanna (Lewis) and Ashia (Woods) finish with four defensive rebounds on the night total, those numbers don't set us up to be successful."

cessful."

Despite foul trouble, poor shooting and rebounding in the first half, K-State was lifted by solid contributions from sophomore forward Jessica Sheble and junior guard Deborah Meeks off the bench. Sheble and Meeks combined for seven points and three rebounds off the bench in the first half.

Texas continued its hot shooting in the second half, starting 5-7 from the field to dig the Wildcats into a deeper hole. K-State turnovers helped extend the home team's lead as well. K-State finished the night with 19 turnovers, which Texas turned into 21 points and a double-digit victory.

"I did not think it was a good night for us defensively," Mittie said. "I did not think our frontline or our guards rebounded or moved around and did what was necessary."

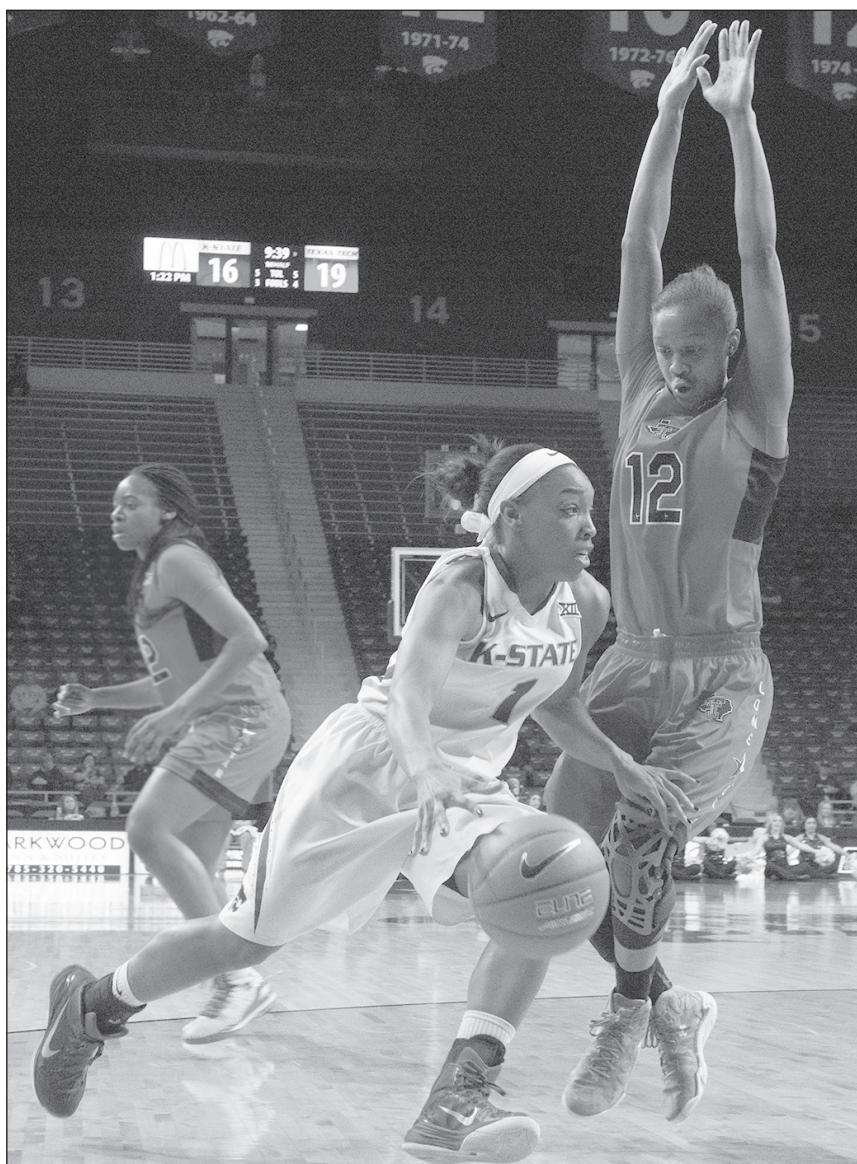
Lewis finished with 13 points for the Wildcats, which is her fifth-straight game scoring in double-figures. However, senior Haley Texada stole the show for K-State with 17 points on 5-8 shooting including four 3-pointers.

Texas finished with four players in double-figures led by Sanders with 18 points and three others with 11 points. Neither team shot better than 46 percent from the field.

The Wildcats return home this weekend as they face the Oklahoma Sooners on Saturday. Tipoff is scheduled for 7 p.m. from Bramlage Coliseum.

CASSANDRA NGUYEN | THE COLLEGIAN

Senior guard **Haley Texada** makes a pass through Texas Tech senior guard **Amber Battle** during the second half of the game against the Red Raiders in Bramlage Coliseum on Feb. 15. K-State was led by Lewis' 19 points, but overall ended the game during overtime with a loss 74-68.



## K-State falls to TCU in lackluster performance

### MEN'S BASKETBALL

By TIMOTHY EVERSON  
THE COLLEGIAN

One step forward, two steps back.

That's the dance that the K-State men's basketball team has performed all season. Take a step forward by upsetting No. 17 Oklahoma at home on a buzzer beater. Take two steps back in an extremely lackluster 69-55 loss to TCU in Fort Worth, Texas Wednesday.

"I thought we started very lethargic," K-State head coach Bruce Weber told K-State Sports after the game. "We didn't have much energy. (TCU's players) were a little better, but they weren't great either. You have to come play hard. I didn't put much on the board at half-time. I just said the determined team will win it. Obviously they were more determined in the first half than we were."

The first half started innocently enough. K-State (13-14, 6-8) never grasped the lead, but did keep the deficit within five points for a majority of the opening 20 minutes.

The downward spiral started late in the first half. K-State's offense went

from being poor to nonexistent, and TCU enjoyed a 19-0 run shooting 64 percent from the field. The Horned Frogs went into the intermission ahead comfortably 35-15. K-State went in having not scored for seven minutes.

A lineup change at the break provided sophomore guard Jevon Thomas, freshman guard Tre Harris and junior guard Brian Rohleder an opportunity to inject life into the ballgame. The trio did just that, leading an 18-6 run that cut the

**"The determined team will win it. Obviously they were more determined in the first half than we were."**

BRUCE WEBER  
HEAD COACH, MEN'S BASKETBALL

deficit down to six points.

But after a technical foul was assessed to senior forward Thomas Gipson for throwing down a Horned Frog on a rebound attempt, the momentum that K-State once had seemed to vanish as TCU quickly went up by double-figures

— this time for good.

K-State was led in scoring by the tandem of Harris and senior forward Nino Williams who each had 14 points on the night. Gipson followed close behind with 12 points and was the only other Wildcat to score more than five points.

"To his (Harris') credit, he came out and made some shots," Weber said. "We gave him the chance and he did a great job."

TCU finished with four players in double-figures led by sophomore forward Chris Washburn who had 17 points.

The Horned Frogs have now won back-to-back conference games for the first time since joining the Big 12. Three conference wins on the season is also a record since joining the league.

Meanwhile, K-State once again falls below .500 and faces two tough tasks in the coming five days.

"We're just going to have to come together tomorrow and see if we can get our head on right," Weber said. "See if we can get guys that care, that really want to win. Because that's what it's all about."

The Wildcats will practice in Fort Worth today before heading further south to Waco, Texas to take on Baylor Saturday. Tipoff is scheduled for noon.

PARKER ROBB | THE COLLEGIAN

Freshman guard **Tre Harris** drains his third 3-pointer in a row to cut the Wildcats' deficit to four points in the first half of K-State's 57-61 shortcoming at the hands of the No. 25 Longhorns on Feb. 7 in Bramlage Coliseum.



## AIRPORT | Construction avoids conflicting with travelers' plans

CONTINUED FROM PAGE 1

Van Kuren made clear that passenger boarding bridges are a necessity. The bridge is being added for general safety and comfort, so passengers can board the plane without being exposed to the elements.

"It hasn't affected the airlines ability," Van Kuren said of the construction process. "It's not affecting folks wanting to fly. For some folks, it really comes down to the service of the airline."

Since the beginning of the school year, Samantha Floyd, freshman in psychology, experienced phase one of the airport construction firsthand after flying home to Illinois twice.

"I don't think the construction of the building affected my traveling," Floyd said. "It's a small airport in general, which makes flying easier."

Phase two of the construction process will begin towards the beginning of April and is allowed 300 days for completion. Airport staff are looking towards beginning of 2016 for total completion

on the project.

Van Kuren said a lot of lessons were learned in phase one of the construction process. Phase two is expected to go more smoothly and end on the projected date.

Phase two will provide a meet-and-greet lobby area for people waiting for arriving passengers and will have food and beverage capabilities. An additional passenger holding area will be added, bringing the total seating in the passenger holding area to 300. Another passenger boarding bridge will be added for a total of two passenger boarding bridges after all construction is completed. A new baggage carousel for arriving baggage is also in the plans.

Ultimately, according to FlyMHK.com's construction information, the airport will be increasing in size from 12,500 square feet to approximately 42,000 square feet after both phases of renovations are completed.

The Manhattan Regional Airport is planning on having an open house for the public scheduled for March 6.

## WATER | Students will be made aware of any inconveniences caused by upgrades

CONTINUED FROM PAGE 1

A new plant will be built near the K-State Recycling Center in the northeast part of campus to increase the chilled water capacity in the system. A facility near the power plant currently generates all the chilled water on campus, according to Swanson.

The \$56 million will not cover the numerous building renovations that must occur in order to convert all campus buildings to chilled water, said Swanson.

According to Carlson, buildings like Waters Hall have only a "two-pipe" system that can run either hot water for heating or chilled water for cooling, but not both. These buildings must eventually be upgraded to a "four-pipe" system, which could end up costing millions per building. Some buildings on

campus already have the new system, and all buildings currently being constructed will be built with the four-pipe system.

According to the campus Chilled Water Master Plan, centralized cooling offers greater efficiency for cooling campus buildings than localized chillers, which can be noisy. The new chilling plant, along with the current one, will provide enough capacity as more buildings are added to the system.

This means that students will eventually see fewer room air conditioning units hanging out of windows. That being said, things aren't going to change too quickly, Carlson said.

During the meeting, concern was voiced regarding the project and its impact on the student body, especially regarding the future changes to

Mid-Campus Drive and 17th Street.

"We don't have all the answers right now, so it's important for us to get (students') feedback," said Bontrager.

Bontrager and others expressed interest in developing effective communication strategies to inform students about the project.

"We're here to help, and not make a problem," said Daniel Lacy of McCrownGordon Construction, the Kansas City-based contractor for the project.

According to Swanson, periodic construction updates will keep students in the loop regarding which roads are closed or diverted so students will know the best way to get to class.

"We know we're going to be intrusive, and we want to limit this as much as possible," Lacy said.

# CLASSIFIEDS



### 110 Rent-Apt. Unfurnished

1118 VATTIER. Newer two-bedroom, two bath apartment with large rooms. \$1000 with free Internet and cable. One block to K-State and Aggieville. All appliances, including washer and dryer, in units. Private parking. Security lighting. No pets. No smoking. August lease. TNT Rentals 785-539-0549. ♦

1203 THURSTON. Newer two-bedroom apartments. Great price. \$900-\$950 with free Internet and cable. One block to K-State. All appliances, including washer and dryer, in units. Private parking, security lighting, and balconies. No pets. No smoking. June lease. TNT Rentals 785-539-0549. ♦

ONE TWO Three and Four-bedroom apartments. Near campus/Aggieville. August lease. somerset-mgmtco.com 785-539-5800

WWW. VILLAFAYPROPERTIES.COM. One to Six-bedroom houses/apartments. (Some with two kitchens.) Next to K-State. Washer/ Dryer. No pets. 785-537-7050.

ONE BEDROOM Apartment. One half block to Aggieville and KSU. 526 N. 14th \$650 per month. Dishwasher on site laundry. Water and trash paid. Off Street Parking. 661-802-1295.

### 110 Rent-Apt. Unfurnished

350 N 16th. Two blocks to K-State and Aggieville. Two-bedroom, recently remodeled, apartments (\$775). Landlord pays water, trash, cable, and Internet. Coin operated laundry on-site. Private parking. Security lighting. No pets. No smoking. August lease. TNT Rentals 785-539-0549. ♦

MYPRIMEPLACE.COM STUDIO. One, two, three and four-bedroom available. ALL BILLS paid. PETS ALLOWED. Contact 785-370-4696.

1530 MCCAIN. Two-Bedroom. \$765-\$785. 714 Humboldt. Two-Bedroom. \$715. 913 Bluemont. Three-bedroom. \$945. 1012 Freemont. Three-bedroom. \$1125. 1012 Freemont. Four-bedroom. \$1200-\$1240. Close to campus. Dishwasher. No pets. 785-539-0866.

1209 BERTRAND. One block to K-State. Newer one-bedroom (\$760) two-bedroom (\$975) with free Internet and cable. Stainless steel appliances, washer and dryer in units. Private parking, security lighting, and balconies. No pets. No smoking. June lease. TNT Rentals 785-539-0549. ♦

TWO-BEDROOM Apartments. Left Side. Three blocks from the Natatorium. Call 785-565-8324 or 785-313-8296.

### 110 Rent-Apt. Unfurnished

ONE BEDROOM Newer building. Close to campus. No smoking. No pets. Available June 1st and August 1st. 785-313-7473

ONE, TWO, Three-Bedroom. Close to campus. Leasing in June or August. Call 785-565-8324 or 785-313-8296.

### 120 Rent-Houses & Duplexes

1224 THURSTON 1/2 block from K-State. Nice seven-bedroom house \$2835 per month, landlord pays internet, cable, trash and maintains yard. Two kitchens, three bathrooms. All appliances including washer and dryer. Back deck, off street parking, no pets, no smoking. June lease. TNT Rentals 785-539-0549

1310 N. 10th. Four-bedroom, two bath. Dishwasher, washer/ dryer and, central air. Very clean. Great location! June lease. \$1340. Call or text 785-770-0062. ♦

1535 CAMPUS Road. Four-bedroom, Two bath \$1580

713 MORO - Five-bedroom, two bath \$1700

3312 SHADY Valley. Three-bedroom, two bath \$1195

JUNE LEASES All with central air, washer and dryer and lawn care. No pets or smoking. Call Lori 785-313-4812

### 120 Rent-Houses & Duplexes

805 THURSTON. Near K-State. Six-bedroom house. \$2040/ month. (\$340/ person) Two kitchens. Three bathrooms. All appliances, including washer/ dryer. Landlord pays internet, cable, trash, and maintains yard. No pets. No smoking. June lease. TNT Rentals 785-539-0549.

917 CLAFLIN. Three-Bedroom duplex. Washer/ Dryer. Dishwasher. Central Air. No pets. \$990/ month. Call or text at 785-770-0062.

925 AND 931 Bluemont. Four bedroom duplex. Two and a half bath. Fireplace. Large walk-in closet and vanity sink in each bedroom. Laundry hookups. No pets or smoking. June or August lease. 785-539-0866. ♦

BEST KSU HOUSES! Close to KSU and the Ville! All Amenities! RentCenterline.com

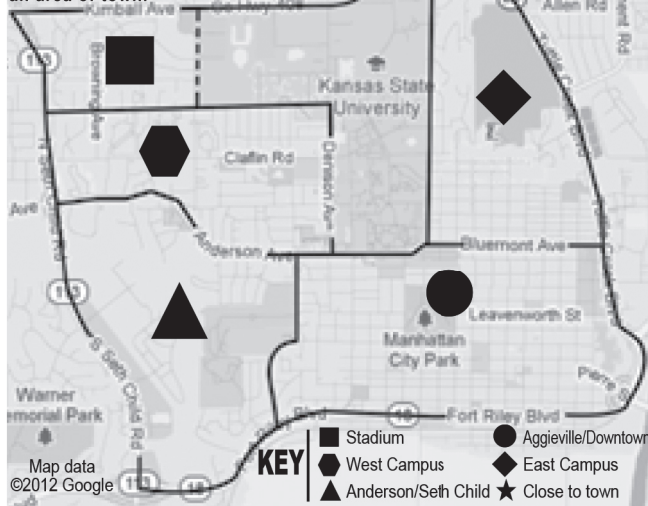
FIVE-BEDROOM, TWO bath house. Huge bedrooms! Washer/ dryer. Off street parking. \$330/ bedroom. 908 Thurston. Doug 785-313-5573. ♦

THREE, FOUR, Five-Bedrooms. June, August. Close to Campus. Reasonable Rent. 785-341-1897

UNCOMMON RENTAL EXPERIENCE! RentCenterline.com

### NEW HOME FINDER

Let us help you choose your neighborhood. The symbols on the map coordinate with an area of town.



### 110 Rent-Apt. Unfurnished

AVAILABLE NOW- One Bedroom apartment next to campus/Aggieville. \$550 per month rent includes internet, basic cable TV, water & trash. No smoking or pets. 785-214-2898 www.schrum-rentalsllc.com

APM - TWO BEDROOMS AVAILABLE! Call 785-539-2300 Ext. 201. alliancemhk.com

### 115 Rooms Available

ISO ROOMMATE Georgetown Apartments. two bedroom/ two bath, 3rd floor, fireplace, balcony, no pets, W/D in unit. Rent is \$564.50 plus half of bills. Lease runs until September. Ready to move in now. 785-230-8656

### 120 Rent-Houses & Duplexes

1500 HARTFORD Four Bedroom House, two bath, off street parking washer/dryer, June lease, no pets \$1250 785-336-1868

FAMILY NEIGHBORHOOD. Near City Park. Newly remodeled. Three-bedroom. One and a half-bath. \$1,125/ month. No smoking. August lease. Contact 785-313-1886.

FOUR,FIVE,Six bedrooms available June and August. Call 537-7138.

THREE-BEDROOM two bath house with two car garage. Nice location for Vet Student. Clean newer House \$1200/ month June or August lease. Call/ Text/ Email 785-632-0468 blueskyproperty@outlook.com https://blueskyproperty-managebuilding.com

FOR RENT: duplex Remodeled Available Three-Bedroom Three Bath washer/dryer, driveway.

Two-Bedroom One Bath washer/dryer, driveway. Five blocks to campus 816-351-0693.

FOUR BEDROOM, two bath. Large bedrooms, vanities in bedrooms. Washer/dryer. Stainless steel appliances. Newer construction. \$1500 a month. 429 Leavenworth. (785) 6324892

THE PAVILION Apartments at 1121 Thurston. Now leasing. Two-bedroom, two bathroom. Washer/ dryer, free internet, water and trash included. Close to KSU/ Aggieville. Only one apartment left. Call Marcie, 913-269-8142.

### 200 Service Directory

255 Other Services

SHIVLEY LAW FIRM, P.A. Criminal law attorney. Robert Shivley Attorney at Law. 1029 Poyntz Avenue 785-537-8415. www.shivleylaw.com

### 300 Employment/Careers

310 Help Wanted

THE COLLEGIAN cannot verify the financial potential of advertisements in the Employment/ Opportunities classifications. Readers are advised to approach any such business opportunity with reasonable caution. The Collegian urges our readers to contact the Better Business Bureau, 501 SE Jefferson, Topeka, KS 66607-1190. 785-232-0454.

A FULL House in Manhattan is seeking a manager who loves to work in a fast paced environment. Previous customer service and employee management experience a plus. Email resume to afullhouse@ruralnet.net.

ADVERTISING PROFESSIONAL sought for to lead student sales staff of Kansas State Collegian. Experience in media and/or sales required. FT, base + commission, benefits. Details: collegianmedia.com.

ANTHONY, KANSAS is seeking FT Lake Caretaker and FT Street Operator. Salaries DOQ. Excellent benefits. Information: www.anthonynykanas.org/jobs. Call 620-842-5960. Jobs are open until filled. EOE.

### 310 Help Wanted

CONVOY SYSTEMS is hiring Class A drivers to run from Kansas City to the west coast. Home Weekly! Great Benefits! www.convoy-systems.com 1-800-926-6869 ext. 303

DRIVERS - No experience? Some or LOTS of experience? Let's Talk! No matter what stage in your career, its time, call Central Refrigerated Home (888) 670-0392 www.Central-TruckDrivingJobs.com

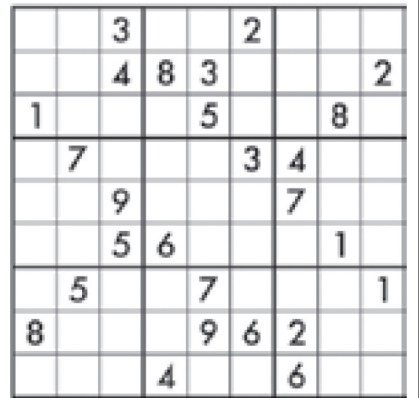
FULL-TIME/PART-time help needed making custom engraved stones, flexible schedule, sandblast, paint, grinding involved, call 785-587-0010 or email ann@stoneworxsigns.com for an application

GENERAL RANCH help needed. Knowledge of equipment and livestock important. Will work around class schedule. 785-587-5852

BUTLER TRANSPORT. Your Partner In Excellence. CDL Class A Drivers Needed. Sign on Bonus. All miles paid. 1-800-528-7825 or www.butler-transport.com

## Pregnancy Testing Center

539-3338 www.PTCkansas.com



Rules: Fill in the grid so that each row, column, and 3x3 block contains 1-9 exactly once.

Answer to the last Sudoku.

"Real Options. Real Help. Real Hope" Free pregnancy testing Totally confidential service Same day results Call for appointment Mon.-Fri. 9 a.m.-5 p.m. Across from campus in Anderson Village

### Deadlines

Classified ads must be placed by noon the day before you want your ad to run. Classified display ads must be placed by 4 p.m. two working days prior to the date you want your ad to run.

CALL 785-532-6555

E-mail classifieds@kstatecollegian.com

### Classified Rates

1 DAY	20 words or less	\$14.95
	each word over 20	20¢ per word
2 DAYS	20 words or less	\$16.95
	each word over 20	25¢ per word
3 DAYS	20 words or less	\$19.95
	each word over 20	30¢ per word
4 DAYS	20 words or less	\$22.50
	each word over 20	35¢ per word
5 DAYS	20 words or less	\$25.05
	each word over 20	40¢ per word
(consecutive day rate)		

### To Place An Ad

Go to Kedzie 103 (across from the K-State Student Union.) Office hours are Monday through Friday from 8 a.m. to 5 p.m.

### How To Pay

All classifieds must be paid in advance unless you have an account with Student Publications Inc. Cash, check, MasterCard, Visa or Discover are accepted. There is a \$25 service charge on all returned checks. We reserve the right to edit, reject or properly classify any ad.

### Corrections

If you find an error in your ad, please call us. We accept responsibility only for the first wrong insertion.

### Cancellations

If you sell your item before your ad has expired, we will refund you for the remaining days. You must call us before noon the day before the ad is to be published.

### 000 Bulletin Board

### 020 Lost and Found

I LOST an earring somewhere in or around Union or Cardwell Hall, or between the two buildings. It is a golden earring with small greenish stone. If you happen to find it, please let me know on 785-320-9107. Reward.

### 040 Meetings/Events

RV & Sport Show - Topeka, Kansas Expo-centre. Friday 2/20 3-8p.m., Saturday 2/21 10a.m.-7p.m., Sunday 2/22 11a.m.-4p.m. Over 30 manufacturers! \$1 admission Friday! TopekaRVshow.com 1-(800)-756-4788.

## Need a roommate? Advertise It works.

Kedzie 103 785-532-6555

### 100 Housing/Real Estate

### 101 Rentals Wanted

FIVE, SIX OR SEVEN-bedroom available in June or August. Call 785-587-4100. AGGETOWN.NET

ONE-BEDROOM apartment near campus. Washer and dryer included. Available June 1st. (785)317-7713

### 105 Rent-Apt. Furnished

FOUR-BEDROOM, TWO bath apartments. August lease. Campus ministry setting (ECM). Utilities paid. Brand new. One block from campus. Call 785-539-4281.

### 110 Rent-Apt. Unfurnished

THREE-BEDROOM. Two bath. Close to city park. Washer/ dryer included. No pets. June 1st. Call Holly at 785-313-3136.



# DID YOU KNOW?



The Veterinary Health Center  
– right here on campus –  
offers comprehensive  
and compassionate  
veterinary care  
to all pets.



Veterinary Health Center

AT KANSAS STATE UNIVERSITY

TO DISCOVER. TO TEACH. TO HEAL.



## Primary care services:

- Annual wellness exams for all life stages
- Behavior consultation
- Dental/oral health exams and cleanings
- Exotics
- Fecal exams and deworming
- FeLV/FIV testing
- Flea & tick control
- Health certificates
- Heartworm testing and preventive
- Microchipping
- Minor wound repair
- Nutrition counseling
- Routine eye care
- Routine sick/injury care
- Senior and pediatric wellness packages
- Spay and neutering
- Vaccinations

## Specialty care services by board-certified veterinarians:

Anesthesiology  
Cardiology  
Dermatology

Internal Medicine  
Oncology  
Ophthalmology

Radiology  
Surgery

**24/7 EMERGENCY CARE – 785.532.4100**

**APPOINTMENTS** – M–F: 9 am – 5 pm, select Saturdays: 8 am – 11 am

**Open to the public**

1800 Denison Ave. | Manhattan, KS 66506 | 785.532.5690 | [vet.k-state.edu/VHC](http://vet.k-state.edu/VHC)  

# QUIT TOBACCO



with a  
**COACH**



and a  
**PLAN**

Supporting you  
online

& with texting



@ *KSQuit.org*

  
Kansas  
Department of Health  
and Environment